

# Urbana Senior Center

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www.FrederickCountyMD.gov/aging

## October Program Highlights

### Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "What do I have in common with Humpty Dumpty: a discussion of the causes and prevention of falls."

**Date:** Thursday, October 8  
Sign-up by Tuesday, October 6  
**Time:** Noon  
**Cost:** \$4.68 (Regular meal cost)

### Oktoberfest Luncheon

Celebrate Autumn at our Oktoberfest Lunch. Menu includes: cider, bratwurst w/peppers & onions, sauerkraut, seasoned potatoes, waldorf salad, chocolate cake

**Date:** Thursday, October 15  
Sign-up by Thursday, October 8  
**Time:** Noon  
**Cost:** \$4.68 (Regular meal cost)

### Artful Creations

Create unique and fun art work! This month we'll create marble paintings with shaving cream and paint.

**Date:** Wednesday, October 21  
(Register at least 5 days before start)  
**Time:** 1:00 p.m. **Cost:** \$5.00

### Elder Expo 2015

Exhibitors! Health screenings! Door prizes! Lunch! Join us at the Fairgrounds. Limited transportation is available.

**Date:** Wednesday, October 14  
**Time:** Leaving the Center at 10:15 a.m.  
**Cost:** \$2 for transportation

### Mental Health

Learn some good mental health practices. Fred Balius with the Health Department will lead the discussion.

**Date:** Tuesday, October 20  
**Time:** 11:30 a.m. **Cost:** Free

### Music/Dance/Karaoke Night

Get your foot tapping, break out in song, and let loose! The dance floor is open!

**Date:** Tuesday, October 6  
**Time:** 6:00 p.m. **Cost:** Free

### The Inside Scoop: Education & Ice Cream Touch of Wellness

Learn some self-massage techniques as well as ways to promote self-healing. This program is presented by Susan Sanders, LMT, A Touch of Wellness--Massage and CranioSacral Therapy at Delta Holistic Therapy Center.

**Date:** Tuesday, October 20  
**Time:** 6:00 p.m. **Cost:** Free

### Outreach Program with Congressman Delaney's Office

Mark your calendar! Congressman Delaney's office has arranged for a community outreach program. List of participating organizations is not finalized but may include Social Security, Alzheimer's Association, and Frederick County Department of Aging).

**Date:** Thursday, October 15  
**Time:** 3:00 p.m. **Cost:** Free

**New Trip Registration begins  
Tuesday, October 6, 9:00 a.m.**

**National Nutrition Program Survey Day  
Monday, October 26**

(see other side for calendar of activities)